



# Washing your hands stops MRSA.

## Why wash?

- MRSA germs live on skin.
- Germs can spread quickly in jails and prisons.
- Washing hands removes germs.

## How?

- Wash hands with soap and water for 20 seconds.
- Rinse well and dry with a clean towel.

## When?

- After touching or blowing your nose.
- Before and after touching broken or infected skin.
- Before and after changing bandages.
- After touching soiled or wet laundry.
- After using the restroom.

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[www.cdc.gov/niosh](http://www.cdc.gov/niosh)

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## Stop MRSA in Jails and Prisons

